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CLAIMS

1. A shoe of the type having a substantially flexible upper and a substantially firm sole, the shoe including:

- a toe section, including a forward sole portion and a forward upper portion (vamp);
- 5 a heel section, including a rear sole portion and a rear upper portion (counter);
- an insole, of unitary construction, adapted to overlay both the forward and rear sole portions of said shoe; and
- detachable fastening means for releasably attaching said heel section to said toe section;
- 10 such that, in use, said shoe may be installed on the foot of a wearer by:
 - detaching the fastening means;
 - twisting or removing said heel section relative to the toe section in a manner such that the rear sole portion is moved out of alignment relative to said forward sole portion of said shoe, whilst said insole is retained within said toe section of said shoe;
 - 15 slipping the toes of the wearer directly into said toe section from a rearward position to place the wearer's foot atop said insole;
 - returning said heel section of said shoe into alignment with said toe section, about the heel of the wearer; and
 - 20 fastening the fastening means.

2. A shoe as claimed in claim 1, wherein said heel section is totally detachable from said toe section.
- 25 3. A shoe as claimed in claim 1, wherein said heel section is partly detached from said toe section, such that it can be rotated transversely relative to a plane extending substantially vertically through a longitudinal direction of said shoe.
- 30 4. A shoe as claimed in claim 1, wherein said heel section is partly detached from said toe section, such that it can be rotated transversely relative to a plane extending substantially horizontally through a longitudinal direction of said shoe.

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5. A shoe as claimed in any one of claims 1 to 4, wherein said heel section is at least partly detached from said toe section by means of any one or combination of detachable fastening devices including, but not limited to, zippers, hook and loop fastening means (known as Velcro™), tabs or overlays, press studs, buckles and laces.
6. A shoe as claimed in any one of claims 1 to 5, wherein said shoe is constructed of any one of combination of materials including, but not limited to leather, plastics, textiles, rubber and synthetics.
- 10 7. A shoe as claimed in any one of claims 1 to 6, wherein said shoe is used for one or combination of applications, including, but not limited to infants, small children, disabled or handicapped persons.
- 15 8. A shoe as claimed in any one of claims 1 to 7, wherein said shoe include any one or combinations of an arch support, insole support, and ankle support.
9. A method of placing a shoe on the foot of a wearer, the shoe including:
 - a toe section, including a forward sole portion and a forward upper portion (vamp);
 - 20 a heel section, including a rear sole portion and a rear upper portion (counter);
 - an insole, of unitary construction, adapted to overlay both the forward and rear sole portions of said shoe; and
 - detachable fastening means for releasably attaching said heel section to said toe section;
- 25 said method including the steps of:
 - detaching the fastening means;
 - twisting or removing said heel section relative to the toe section in a manner such that the rear sole portion is moved out of alignment relative to said forward sole portion of said shoe, whilst said insole is retained within said toe section of said shoe;
 - 30 slipping the toes of the wearer directly into said toe section from a rearward position to place the wearer's foot atop said insole;

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returning said heel section of said shoe into alignment with said toe section and about the heel of the wearer; and,
fastening the fastening means.

5 10. A method as claimed in claim 9, wherein, in said twisting step, the heel section is twisted either or both of sideways or downwards relative to the toe section.

11. A method of taking a shoe off the foot of a wearer, the shoe including:
a toe section, including a forward sole portion and a forward upper portion (vamp);
10 a heel section, including a rear sole portion and a rear upper portion (counter);
an insole, of unitary construction, adapted to overlay both the forward and rear sole portions of said shoe; and
detachable fastening means for releasably attaching said heel section to said toe section;

15 said method including the steps of:

detaching the fastening means;
twisting or removing said heel section relative to the toe section in a manner such that the rear sole portion is moved out of alignment relative to said forward sole portion of said shoe, whilst said insole is retained within said toe section of said shoe; and,
20 slipping the toes of a wearer directly out of said toe section in a rearward direction to remove the wearer's foot from atop said insole.

12. A shoe, substantially as herein described with reference to the accompanying drawings.

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13. A method of placing a shoe on the foot of a wearer, substantially as herein described.

14. A method of taking a shoe off the foot of a wearer, substantially as herein 30 described.